



The **best way**
to prevent
disease is
to wash
your hands!

How to Wash Your Hands Properly

- | | |
|---|--------------------------------------|
| 1 Wet hands with running water | 5 Wash each finger individually |
| 2 Pump soap into palms | 6 Be sure to clean under fingernails |
| 3 Rub together to make a lather | 7 Rinse soap off of hands |
| 4 Scrub hands vigorously for 20 seconds | 8 Dry hands thoroughly |



Sedgwick County...
working for you

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Sedgwick County Health Department - 660-7300